

New Meal Pattern for Infants

Guidance and Requirements for Child Care Providers



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1400 Independence Avenue, SW
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- (3) email: program.intake@usda.gov

This institution is an equal opportunity provider.

Welcome

This workshop will provide you with the knowledge and tools necessary to confidently serve reimbursable infant meals in the Child Care Food Program (CCFP) – under the New Meal Pattern for Infants.



Agenda

Introductions

CCFP Infant Feeding Policies

New Infant Meal Pattern

Special Needs Meals

Creditable Infant Foods in the CCFP

Best Practices & Breastfeeding Friendly Policies

New Meal Pattern for Infants

Table of Contents

	Pages
Policy I	5
Infant Feeding Form	6
Policy II	7
Meal Pattern for Infants	8
Infant Cereal List	10
Special Needs Meals	11
Sample Medical Statement	12
Infant Menus	13
Standard Infant Menu	14
Summary	15
Test Your Meal Pattern Knowledge	16
Creditable Infant Foods: 0-5 Months	17
Creditable Infant Foods: 6-11 Months	18
Non-Creditable Infant Foods	19
Creditable Foods Activity	20
Important Feeding Practices to Remember	23
Breastfeeding Friendly Application	24
Sample Policy	26
Answer Key	27

Infant Feeding Policies

One of the main goals of the Child Care Food Program (CCFP) is to safely serve nutritious meals and snacks that meet program meal pattern requirements and are appetizing to children. To help achieve this goal, there are two main policies regarding infants that child care providers must meet when participating in the CCFP.

POLICY I

Child care providers participating in the Child Care Food Program must offer program meals to all children, including infants, who are enrolled for child care.

By agreeing to participate in the CCFP, you are obligated to offer program meals to ***all children including infants***. Offering program meals to infants must be based on whether the baby is enrolled for care – not whether the baby is enrolled for the CCFP. *As long as the baby is in care during the meal service period, you are obligated to offer the baby a meal that meets CCFP requirements.*

To comply with Policy I, **child care providers must:**

- Require parents to complete the “Infant Feeding Form” (see sample on the following page). If you use anything other than the sample provided, you must have prior written approval by the Department of Health. The “Infant Feeding Form” must be kept on file at the child care facility.

Please note: Head Start/Early Head Start facilities are not required to provide this form to parents. Head Start facilities are required to participate in the CCFP and have more comprehensive requirements and forms.

- Select at a minimum, one approved iron-fortified **milk-based** formula **and** one approved iron-fortified **soy-based** formula to offer formula fed babies from the Approved Formula List.

IMPORTANT

Refer to the Approved Formula List on our website under ‘Nutrition and Menu Planning’, ‘Feeding Infants’ at: www.flhealth.gov/ccfp

PLEASE NOTE: Head Start/Early Head Start facilities provide infants with the brand of formula they currently use at home.

Also, parents may prefer to supply their own formula.

Child Care Food Program Infant Feeding Form

Child care facility: Please fill in facility name and formulas offered before distributing to parents.	
Child Care Facility Name:	
*Formulas offered at this facility:	
Milk-based:	
Soy-based:	

This child care facility participates in the Child Care Food Program (CCFP) and is required to offer infant formula and food to your baby. The CCFP provides reimbursement for healthy meals provided and served to your baby while in our care. Our child care staff have been trained in infant feeding practices and offer age appropriate foods for your baby.

We welcome breastfed babies and support and encourage moms to continue breastfeeding when returning to work or school. For formula fed infants, we offer the iron-fortified infant formulas listed above to babies in our care.

To qualify for reimbursement, infant meals and snacks must include, at a minimum, the following food components at appropriate age and developmental stages:

- ~ Breastmilk or iron-fortified infant formula (or a combination of both)
- ~ Iron-fortified infant cereal
- ~ A variety of texture-appropriate vegetables and fruits such as sweet potato, banana, and peas
- ~ A variety of texture-appropriate meat and meat alternates such as chicken, yogurt, and cheese
- ~ Bread, crackers, Florida WIC-approved ready-to-eat cold cereals

Please be aware this child care facility:

- ~ Will offer all food components to each infant that is developmentally ready to accept them. Parents do not have to bring in any foods for their children.
- ~ Can feed solid foods to infants in a bottle only when a medical statement is provided.
- ~ May request parents to supply clean, sanitized and labeled bottles on a daily basis.
- ~ Requires the parent to label bottles of breastmilk or formula and containers of food that they provide with baby's name, date, and time of bottle or food preparation.

Parents please complete the following:

Baby's full name: Baby Lulu Date of Birth: 00/00/00

Please check ☒ this box ☒ if your baby is breastfed. Please check if you plan to do one or both:

Provide pumped breastmilk in a bottle ☒

Visit facility to nurse ☒

I understand that this child care facility will supply the above iron-fortified formulas for formula-fed infants up to 12 months of age and infant cereal and baby food for infants 6 months and older, according to the CCFP requirements.

I prefer to supply my own formula (write in name of *formula): _____

This facility has not requested or required me to provide infant formula or food.

Parent Signature: Baby Lulu's Mommy Date: 10-1-16

Printed Name of Parent: Baby Lulu's Mommy

*Please note: Early Head Start facilities provide the brand of formula you currently give your infant as well as all age-appropriate food

POLICY II

Child care providers must ensure that each meal served to infants (birth through 11 months) meets requirements for the appropriate age group as stated in the CCFP Meal Pattern for Infants.

The CCFP Meal Pattern for Infants assures well balanced meals that supply the kinds and amounts of foods that babies require to help meet their daily nutrient and energy needs. Infant meals must contain the food components in the amounts indicated for each age group of the infant meal pattern to qualify for reimbursement.

Babies should be fed when they are hungry, not by a strict schedule. An infant meal (breakfast, lunch or supper, and snack) is reimbursable as long as the required food components and amounts are offered to the baby during the course of the day that the baby is in child care. **Solid foods should be introduced around 6 months of age.**

To comply with Policy II, **child care providers must:**

- Purchase and supply all food components of the infant meal pattern with the exception of parent-provided component:
 - ✓ Parent may supply *one* component (breastmilk or formula or solid food)
- Offer the following food components according to the meal types and age groups required by the CCFP Meal Pattern for Infants:
 - ✓ Breastmilk or iron-fortified infant formula, or a combination of both
 - ✓ Iron-fortified infant cereal
 - ✓ Bread and/or crackers and ready-to-eat cereal with 6 grams of sugar/ounce or less
 - ✓ Vegetable and/or fruit (*juice is not creditable*)
 - ✓ Meat, fish, poultry or meat alternates (whole eggs, cooked dry beans or peas, cheese, cottage cheese, yogurt – must not be more than 23 grams of sugar per 6 ounces)
- Offer solid foods:
 - ✓ To infants who are developmentally ready to accept them (see bullets below)
 - ✓ Of an appropriate texture and consistency
 - ✓ After consulting with parents

Signs Baby is Ready for Solids (based on the American Academy of Pediatrics):

- Infant is able to sit in a high chair or infant seat with good head control;
- Infant opens his or her mouth when food comes his or her way. He or she may watch others eat, reach for food, and seem eager to be fed;
- Infant can move food from a spoon into his or her throat; and
- Infant has doubled his or her birth weight and weighs 13 pounds or more.

****IMPORTANT****

Remember you can only be reimbursed for 2 meals and 1 snack or 2 snacks and 1 meal per child in the CCFP.

To be reimbursable, a meal and/or snack must contain the required food components and minimum amounts.

Child Care Food Program Meal Pattern for Infants

The Child Care Food Program (CCFP) provides aid to child care institutions and family day care homes for the provision of nutritious foods that contribute to the wellness, healthy growth, and development of young children. Child care providers have a powerful opportunity to demonstrate healthy habits at an early age that can serve children throughout life.

To comply with CCFP regulations, the Infant Meal Pattern lists the amount of food to be offered to children from birth through the 11th month (their 1st birthday). **To support and encourage moms who breastfeed, meals containing breastmilk have different guidelines for reimbursement than meals containing formula.** Food within the meal pattern should be the texture and consistency appropriate for the age of the infant and may be served during a span of time consistent with the infant's eating habits. The infant meal must contain each of the following components in the amounts indicated for the appropriate age group in order to qualify for reimbursement.

Infant Meal Pattern Food Components:		Age Group and Serving Size:	
		Birth – 5 months:	6 – 11 months:
Breakfast and Lunch/Supper	Breastmilk ¹ or formula ²	4-6 fl. oz.	6-8 fl. oz.
	<i>*And one or more of the following:</i>		
	Infant cereal ^{2,3,5} , meat, fish, poultry, whole egg, cooked dry beans/peas		*0-4 Tbsp.
	Cheese		*0-2 oz.
	Cottage cheese		*0-4 oz. (volume)
	Yogurt ⁴		*0-8 oz. (1 cup)
	<i>*And:</i>		
	Vegetable or fruit, or a combination of both ⁷		*0-2 Tbsp.
Snack	Breastmilk ¹ or formula ²	4-6 fl. oz.	2-4 fl. oz.
	<i>*And one or more of the following:</i>		
	Bread ^{3,5}		*0-1/2 slice
	Crackers ^{3,5}		*0-2
	Infant cereal ^{2,3,5} or ready-to-eat cereal ^{3,5,6}		*0-4 Tbsp.
	<i>*And:</i>		
	Vegetable or fruit, or a combination of both ⁷		*0-2 Tbsp.
*NOTE: A SERVING OF THIS COMPONENT(S) IS REQUIRED WHEN THE INFANT IS DEVELOPMENTALLY READY TO ACCEPT IT.			

1. Breastmilk or formula or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.
2. Infant formula and dry infant cereal must be iron-fortified.
3. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
4. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
5. A serving of grains must be whole grain, whole-grain rich, enriched meal, or enriched flour.
6. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams of sucrose and other sugars per 100 grams of dry cereal).
7. Fruit and vegetable juices must not be served.

CCFP Meal Pattern for Infants

Guidelines to Follow

Breastmilk and/or Infant Formula:

- Breastmilk or iron-fortified infant formula, or portions of both, must be served to infants birth through 11 months of age.
- Breastmilk is recommended in place of formula from birth through 11 months.
- For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered. Additional breastmilk must be offered at a later time if the infant will consume more.
- Infant formula must be iron-fortified. Facilities must offer at least two infant formulas; one milk-based and one soy-based (Refer to the *CCFP Approved Formula List*).
- When a parent or guardian chooses to provide breastmilk or iron-fortified infant formula and the infant is consuming solid foods, the institution or facility must supply *all other required meal components* in order for the meal to be reimbursable.
- Meals in which a mother directly breastfeeds her infant at the institution or facility are eligible for reimbursement.

Fruits/vegetables:

- Fruit and vegetable juices must not be served.
- A vegetable, fruit, or combination of both must be served at snack to 6-11 month old developmentally ready infants.

Grain/bread foods:

- Grain/bread items (bread, soft tortilla, crackers, teething biscuit, ready-to-eat breakfast cereals) must be whole grain, enriched, or made from whole grain or enriched meal or flour.
- Only ready-to-eat breakfast cereals containing 6 grams of sugar or less per dry ounce may be served (Refer to the *Florida WIC Approved Cereal List*).

Solid foods:

- The gradual introduction of solid foods may begin at 6 months of age, or before or after 6 months of age if it is developmentally appropriate for the infant and in accordance with USDA/FNS guidance.
- Once an infant is developmentally ready to accept solid foods, the institution or facility is required to offer them to the infant.
- Must be of an appropriate texture and consistency and should only be introduced after consulting with the infant's parent or guardian.
- Parents or guardians should request in writing when an institution or facility should start serving solid foods to their infant.
- Can be either home-prepared baby foods or commercially prepared baby foods.
- Infant cereal must be iron-fortified, plain, dry.
- Do not serve honey or food that contains honey to infants less than one year of age - honey may contain botulinum spores, which can be harmful to infants.

Creditable Ready-to-Eat Cereal for Infants



General Mills
Corn Chex



General Mills
Rice Chex



General Mills
Kix



Quaker
Life Original



Post
Alpha-Bits



Kellogg's
Corn Flakes



Kellogg's
Rice Krispies



Malt-o-Meal
Crispy Rice



Malt-o-Meal
Corn Flakes

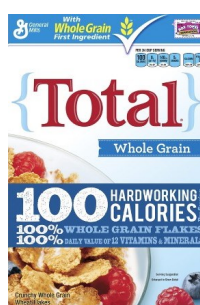
100% Whole Grain Cereals



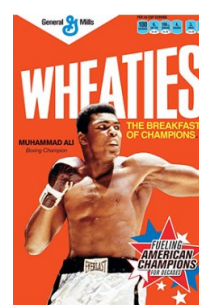
General Mills
Cheerios



General Mills
MultiGrain Cheerios



General Mills
Total



General Mills
Wheaties



General Mills
Wheat Chex



Malt-o-Meal
Scooters

The cereals above (or store brand equivalents) meet the sugar requirement for CCFP to be a part of a reimbursable snack for infants. Infants may only be developmentally ready for certain cereals, let parents know what types of cereal you offer.

CCFP Policy for Special Needs Meals

Infants with Disabilities:

Child care providers are required to provide food component substitutions for individual children who have a disability. A disability means any person who has a documented physical or mental impairment which substantially limits one or more major life activities. Examples of disabilities may include: orthopedic, visual, speech, and hearing impairments; cerebral palsy; epilepsy; muscular dystrophy; multiple sclerosis; cancer; heart disease; metabolic diseases, such as diabetes or phenylketonuria (PKU); and food anaphylaxis (life threatening food allergy). Reading food labels for life threatening food allergen warnings and ingredients is vital. Meals must provide the substitutions or modifications to the meal patterns as specified on the medical statement to be reimbursable.

A parent/guardian may supply one or more components of the reimbursable meal as long as the institution/facility provides at least one required meal component.

What is required?

A medical statement is required and must include:

- ☒ Medical need for substitution(s).
- ☒ Food(s) to be omitted and the food(s) to be substituted.
- ☒ Signature of a licensed physician, a physician's assistant (PA), or an advanced registered nurse practitioner (ARNP).

Sponsors or child care facilities are encouraged to contact the nutrition section at the state office for assistance with dietary restrictions for children with disabilities.

Infants with Special Dietary Conditions (not including disabilities):

Child care providers are encouraged but not required to provide food component substitutions for individual children who do not have a disability, but who have a special medical or dietary need. Examples of medical or special dietary conditions may include food allergies (non-life threatening) and food intolerances such as wheat, fish, milk proteins and eggs. Reading food labels for allergen warnings and ingredients is very important.

A parent/guardian may supply one component of the reimbursable meal as long as it is creditable and the institution/facility provides all other required meal components.

Meals with substitutions that meet all meal pattern requirements are reimbursable. For example, the child care provider can substitute chicken for fish or bananas for oranges. A medical statement is *not needed* in this case; however a parent note should be on file.

When substitutions are made and the meal pattern is not met, a medical statement *is required*. In this situation, the medical statement must include the following:

What is required?

A medical statement is required and must include:

- ☒ Medical need for substitution(s).
- ☒ Food(s) to be omitted and the food(s) to be substituted.
- ☒ Signature of a recognized medical authority (such as: physician, physician's assistant, nurse practitioner, or registered dietitian).

Sponsors or child care facilities are encouraged to contact the nutrition section at the state office for assistance with dietary restrictions for children with special dietary conditions.



Child Care Food Program
Medical Statement for Children with
Disabilities and Special Dietary Conditions
***** SAMPLE *****

Child's Name: _____

Date: 5-21-16

Name and Address of Child Care Center: Eat Wright Child Care
Vegetable Way FL

Dear Parent/Guardian and Recognized Medical Authority:

This child care center participates in the Child Care Food Program (CCFP) and must serve meals and snacks meeting the CCFP requirements. Food substitutions must be made for children with a physical or mental disability when supported by a statement signed by a physician, physician's assistant (PA), or nurse practitioner (ARNP). Food substitutions may also be made for children with special dietary conditions (unrelated to a disability) when supported by a statement signed by a physician, physician's assistant, nurse practitioner (ARNP), or registered dietitian. When supported by this documentation, the meal is not required to meet the meal pattern. Please return this completed form to the child care center.

If you have any questions, please contact me at 123-456-7890
Child Care Center Phone Number

Sincerely: Mae Wright
Child Care Center Director

A recognized medical authority must complete the following information.

1. Does the child identified above have a disability? A disability is defined as a physical or mental impairment which substantially limits one or more major life activities.

☐ Yes

If yes:

- a. State and describe the disability. _____
- b. How does the disability restrict the diet? _____
- c. What major life activity is affected? _____

☒ No

If no:

Identify the medical condition (unrelated to a disability) that restricts the child's diet.

Colicky

2. List any food(s) to be omitted from the child's diet.

Milk-based formula

3. List any food(s) to be substituted.

Nutramigen formula

4. Describe any textural modification required.

Signature of Physician or Recognized Medical Authority
(For a disability, a physician must sign)

Ima Lean

Printed Name

6-8-16

Date

555-333-4444

Phone Number

Infant Menus

Child care providers must post and maintain menus for infants, as with older children.

Menus must contain at a minimum:

- ✓ Name of child care provider
- ✓ Date
- ✓ Menu type (breakfast, lunch or supper, and snack)
- ✓ Menu items

The Standard Infant Menu on the following page can be used in lieu of Weekly Menu Planning Worksheets for Infants (if sponsored, this must be approved by your sponsoring organization).

Parents will want to know what their baby has eaten each day along with other daily events. Child care providers are encouraged to communicate regularly with parents on how their baby's day went. A sample daily infant report has also been provided.



****IMPORTANT****

Meals served to infants must be recorded on a meal count form within one hour after feeding the baby (day care homes have until the end of the day).

Remember, infants should be fed on demand, not according to a schedule.

Name of Child Care Facility: _____

Standard Infant Menu

The following iron-fortified infant formulas are offered at this facility:

Milk-based: _____ Soy-based: _____

Note: Breastmilk offered when provided by parent.

Birth to 5 Months																								
Breakfast, Lunch/Supper, and Snack: <u>Breastmilk and/or iron-fortified infant formula</u>																								
6 to 11 Months																								
Breakfast and Lunch/Supper: <u>Breastmilk and/or iron-fortified infant formula</u> * <u>One or more of the following:</u> Infant cereal (dry infant cereal mixed with breastmilk and/or formula) Variety of meats and poultry (cooked plain or from jar) Fish (cooked plain, boneless) Whole egg Cooked dry beans/peas (cooked plain) Cheese regular (plain, sliced thin or thin trips) Cottage cheese Yogurt * <u>A variety of vegetables and/or fruits:</u> <table><tbody><tr><td>Carrots</td><td>Applesauce</td></tr><tr><td>Green Beans</td><td>Bananas</td></tr><tr><td>Mixed vegetables</td><td>Mixed fruits</td></tr><tr><td>Peas</td><td>Peaches</td></tr><tr><td>Potatoes/sweet potatoes</td><td>Pears</td></tr><tr><td>Squash</td><td></td></tr></tbody></table> Snack: <u>Breastmilk and/or iron-fortified infant formula</u> * <u>One or more of the following:</u> Bread (small pieces of bread or toast) Crackers (small pieces of unsalted plain crackers or teething biscuits) Infant cereal (dry infant cereal mixed with breastmilk and/or formula) Ready-to-eat cereal (e.g.: Cheerios, Chex) * <u>A variety of vegetables and/or fruits:</u> <table><tbody><tr><td>Carrots</td><td>Applesauce</td></tr><tr><td>Green Beans</td><td>Bananas</td></tr><tr><td>Mixed vegetables</td><td>Mixed fruits</td></tr><tr><td>Peas</td><td>Peaches</td></tr><tr><td>Potatoes/sweet potatoes</td><td>Pears</td></tr><tr><td>Squash</td><td></td></tr></tbody></table>	Carrots	Applesauce	Green Beans	Bananas	Mixed vegetables	Mixed fruits	Peas	Peaches	Potatoes/sweet potatoes	Pears	Squash		Carrots	Applesauce	Green Beans	Bananas	Mixed vegetables	Mixed fruits	Peas	Peaches	Potatoes/sweet potatoes	Pears	Squash	
Carrots	Applesauce																							
Green Beans	Bananas																							
Mixed vegetables	Mixed fruits																							
Peas	Peaches																							
Potatoes/sweet potatoes	Pears																							
Squash																								
Carrots	Applesauce																							
Green Beans	Bananas																							
Mixed vegetables	Mixed fruits																							
Peas	Peaches																							
Potatoes/sweet potatoes	Pears																							
Squash																								

*A serving of this component(s) is required when the infant is developmentally read to accept it.
Note: This menu is based on the NEW *Meal Pattern for Infants*.

New Meal Pattern for Infants Summary

- ❖ Two age groups: 0-5 months and 6-11 months
- ❖ Only breastmilk and/or formula should be served to 0-5 month olds
- ❖ Solid foods are gradually introduced around 6 months of age
- ❖ At snack, a vegetable and/or fruit must be served to 6-11 month old developmentally ready infants
- ❖ Cold, ready-to-eat cereals (6 gm sugar limit/oz) may be part of a reimbursable snack for infants 6-11 months of age
- ❖ Juice cannot be served as part of a reimbursable meal
- ❖ Yogurt and whole eggs are creditable
- ❖ Cheese food and cheese spread are not creditable
- ❖ Parents may supply one component of the reimbursable meal
- ❖ A reimbursable meal may contain breastmilk fed to baby by mother

Best Practices:

- ❖ A parent or guardian should request in writing when they want solid foods to be introduced at the facility
- ❖ Support mothers who choose to breastfeed their infants by encouraging mothers to supply breastmilk for their infants while in day care
- ❖ Offer a quiet, private area that is comfortable and sanitary for mothers who come to the center or day care home to breastfeed



Test Your *New* Infant Meal Pattern Knowledge

Identify which infant meals are reimbursable. If not reimbursable, explain why.

If necessary, refer to the meal pattern for infants.

Meal Type/Age Group	Reimbursable? Yes or No	If No, why?
Breakfast 0 – 5 months		
1. 3 oz. breastmilk fed to baby by provider		
2. 7 oz. formula furnished by parent		
Breakfast 6 – 11 months		
3. 4 oz. breastmilk and 2 tsp. cereal furnished by provider		
4. 4 oz. formula furnished by provider (baby developmentally ready for solids)		
Lunch 0 – 5 months		
5. 7 oz. breastmilk fed to baby by provider		
6. 4 oz. formula and 2 oz. yogurt furnished by provider		
Lunch 6 – 11 months		
7. 5 oz. breastmilk fed to baby by provider		
8. Breastmilk fed to baby by mom who dropped by child care facility to nurse baby		
Snack 0 – 5 months		
9. 3 oz. breastmilk fed to baby by provider		
10. 5 oz. formula and 1 teething biscuit, both furnished by parent		
Snack 6 – 11 months		
11. 4 oz. apple juice and 1 saltine furnished by provider		
12. 2 oz. formula, 2 Tbsp cheerios, and 2 Tbsp peaches furnished by provider		

Creditable Infant Foods: Ages 0 – 5 months

Serve these:

❖ **Breast milk**

- ✓ Expressed by the baby's mom and labeled appropriately

Why?

- ✓ Meets all of the nutritional needs of an infant and promotes health and development
- ✓ Protects infants from many illnesses and diseases, including diarrhea, respiratory disease, SIDS, allergies, and infections
- ✓ Reduces the risk of childhood obesity
- ✓ Is associated with improved mental development

AND/OR

❖ **Iron-fortified infant formula**

- ✓ Can be either milk-based or soy-based
- ✓ Approved Formula List: see website: www.flhealth.gov/ccfp, click "Nutrition and Menu Planning", "Feeding Infants in the Child Care Food Program", "Approved Formula List"

Why?

- ✓ Is an acceptable alternative to breast milk and is specially formulated to have the right balance of nutrients
- ✓ Includes iron, a very important nutrient during an infant's first year
- ✓ Does not protect infants against illness and disease as well as breast milk

The following foods are not creditable:

- × **Do not serve cow's milk, goat's milk, nondairy beverages (such as soy or rice milk), and other breastmilk and formula substitutes until 1st birthday**

Why?

- Cow's milk, goat's milk, soy milk, rice milk, and other breastmilk and formula substitutes do not have the right amounts of nutrients infants need and can harm their health
- A medical statement from the baby's health care provider must document any substitutes to breastmilk or approved iron-fortified infant formulas

- × **Fruit juices or drinks, vegetable juices, or fruit/vegetable blends or cocktails**

Why?

- The American Academy of Pediatrics (AAP) recommends exclusive consumption of breast milk for at least the first six months of life. In addition, breast milk is the best source of milk for infants for *at least* the first 12 months.
- Not creditable for any age infant.

Important: Although solid foods are not a part of the 0-5 month age group, if a baby is developmentally ready for solids before 6 months of age, the child care provider *must* offer that infant a developmentally appropriate meal/snack.

Creditable Infant Foods: Ages 6 – 11 months

Serve these when the infant is developmentally ready to accept:

❖ **Iron-fortified infant cereal**

- ✓ Must be dry, plain, single-grain
- ✓ Mix with breast milk or formula to a smooth consistency
- ✓ Rice cereal is traditionally offered as the first solids
- ✓ Oat, barley, and wheat cereals can be added at 1-week intervals. Check with parents first about what is introduced at home.

❖ **Ready-to-Eat Cereal with no more than 6 grams sugar/ounce**

- ✓ Creditable at snack only

❖ **Commercially prepared baby vegetables and fruits**

- ✓ First ingredient must be a vegetable or a fruit
- ✓ Can be either a single vegetable or fruit or multiple vegetables and/or fruit

Why?

- ✓ Baby fruits and vegetables usually do not contain sweeteners or salt

AND/OR

❖ **Fresh, frozen, or canned vegetables or fruits**

- ✓ Canned fruits should be packed in their natural juices or water
- ✓ Canned vegetables should have no added salt
- ✓ Cook, if necessary, without added salt or other seasonings; puree or mash to an appropriate consistency

❖ **Commercial jars of plain meat or poultry**

- ✓ First ingredient must be meat or poultry

❖ **Self-prepared lean protein sources, such as beef, pork, skinless chicken or turkey, or boneless fin fish**

- ✓ Cook meat and poultry without added salt or other seasonings
- ✓ Texture progresses from pureed → ground → finely chopped → small tender pieces

❖ **Meat alternates, such as egg; dried beans and peas; natural cheese; cottage cheese; or yogurt**

- ✓ Eggs should be hard-cooked.
- ✓ Cook dried beans and peas without salt or other seasonings. If using canned, drain and rinse thoroughly to remove salt.
- ✓ Puree or mash cooked, dried beans and peas to an appropriate consistency
- ✓ Natural cheeses should be sliced thin and served in strips to avoid choking
- ✓ Yogurt must contain no more than 23 grams sugar/6 oz or (15 g/4 oz or 3.8 g/oz)

❖ **Age-appropriate bread and crackers**

- ✓ Creditable at snack only
- ✓ Small strips or pieces of dry bread or toast, low salt crackers without seeds or nuts
- ✓ Small pieces of soft tortilla or soft pita bread
- ✓ Teething biscuits

NON-Creditable Infant Foods

The following foods are not creditable:

× **Low-iron infant cereals**

Why?

- Iron helps blood cells carry oxygen from the lungs to the rest of the body. If infants do not get enough iron, it can delay their growth and development.

× **Commercially prepared jarred cereals or cereal mixtures with fruit**

× **Ready-to-Eat Cereal with more than 6 grams sugar/ounce**

× **Commercial jars of baby food with “cereal”, “dessert”, “pudding” or “dinner” on the label**

Why?

- These items do not specify the amount of vegetable or fruit in the product and may contain a new food that could cause an allergic reaction
- Foods with added fat, salt, sugars, and other sweeteners are not needed in infant diets and can prevent infants from developing a liking for the natural flavor of foods

× **Honey graham crackers or other baked goods containing honey**

Why?

- Infants less than 1 year should never be fed honey or foods prepared with honey because honey may contain botulism spores that can cause a serious foodborne illness

× **Sweetened grains/baked goods, such as cookies, cakes, muffins, granola bars**

× **Processed meats, such as meat sticks, hot dogs, sausages, bologna and fried or pre-fried breaded meats, such as fish sticks, chicken nuggets, or corn dogs**

× **Do not serve *self-prepared* spinach, beets, turnips, carrots or collard greens for infants less than 6 months**

Why?

- May potentially contain enough nitrates to cause “blue baby syndrome”, a condition that causes difficulty in breathing and can lead to death

× **Do not serve peanut butter, nuts, and seeds**



Why?


- Peanut butter, nuts, and seeds can pose a choking hazard to infants

Activity: Are These Foods Creditable?

Note: Products listed below are for informational purposes only; the Florida Department of Health does not endorse any particular brand of food.

Baby Food	Creditable?	Why or why not?
 <p>Banana Apple Yogurt</p>		
 <p>Bread</p>		
 <p>Chicken Casserole</p>		
 <p>Cottage Cheese</p>		
 <p>Fruit Splashers</p>		
 <p>Meat</p>		

Baby Food	Creditable?	Why or why not?
 <p>Multigrain Cereal</p>		
 <p>Oatmeal with Mixed Fruit</p>		
 <p>Peach Puffs</p>		
 <p>Pureed Fruits and Vegetables</p>		
 <p>Peas</p>		
 <p>Vegetable Juice</p>		

Baby Food	Creditable?	Why or why not?
 <p data-bbox="326 409 449 443">Cheerios</p>		
 <p data-bbox="337 753 438 787">Ravioli</p>		
 <p data-bbox="316 1108 461 1142">Spaghetti</p>		
 <p data-bbox="209 1430 570 1522">Center-Prepared Grilled Cheese Sandwich</p>		
 <p data-bbox="263 1770 516 1862">Center-Prepared Chicken and Rice</p>		

Important Infant Feeding Practices to Remember in the CCFP

Feeding time is more than just satisfying a baby's hunger, it is a time to establish warm relationships that will allow babies to grow and develop healthy habits for life. Child care providers and parents are responsible for providing positive feeding experiences and offering the right foods to the baby. The baby is responsible for how much is eaten.

- **Babies develop at their own rate – not a specific time table**
- **Babies should be fed when they are hungry – not by a strict schedule**
- **Know baby's hunger and fullness cues – do not force infants to finish bottles or containers of food**
- **Keep baby's head up when feeding – never prop bottles or lay infants flat to feed a bottle which could cause ear infections, choking, and suffocation**
- **Bottles should be labeled with:**
 - ✓ Baby's name
 - ✓ Date
 - ✓ Time of preparation
- **Throw away leftover breastmilk or formula after feeding or after 1 hour unrefrigerated**
- **Do not give babies honey or foods that contain honey before age one – it could cause botulism, a type of food poisoning**
- **Prevent baby bottle tooth decay:**
 - ✓ Do not put a baby to bed with a bottle of *anything*
 - ✓ Start babies drinking from a cup at about 6 months and wean from a bottle by about 14 months
 - ✓ Do not let a baby crawl or walk around with a bottle or sippy cup during the day
- **Prevent choking:**
 - ✓ Do not leave babies alone when they are eating
 - ✓ Hold or have babies sit upright while eating
 - ✓ Solid foods should only be served when the infant is developmentally ready to accept them and must be of an appropriate texture and consistency
 - ✓ Never place solids in a bottle
- **Prevent allergic reactions in babies:**
 - ✓ Introduce new foods one at a time at one week intervals
- **Prevent Sudden Infant Death Syndrome (SIDS) – always put babies to sleep on their backs unless instructed otherwise for medical reasons by the health care provider.**

Is Your Facility Breastfeeding Friendly?

A facility that is Breastfeeding Friendly:

- Provides an atmosphere that welcomes and promotes breastfeeding as a normal method of feeding infants
- Helps mothers continue to breastfeed when they return to work or school
- Makes breastfeeding resources available to parents
- Feeds infants on cue and coordinates feeding times with parent's schedule
- Trains staff so they are able to support breastfeeding parents
- Has a written breastfeeding policy

If you think your center or home is Breastfeeding Friendly, complete the following information and the self-assessment on the back. Mail this completed form and a copy of your breastfeeding policy to the address below. Facilities that answer "Yes" to all six standards and whose policy supports breastfeeding will be designated as a Breastfeeding Friendly Child Care Facility. Facilities will be awarded a certificate and window cling to display at the center or home. The certificate expires after 2 years and you will need to complete another self-assessment at that time.

If your facility is not ready to apply yet and you would like more information on becoming a Breastfeeding Friendly Child Care Facility, contact us at the address below.

CCFP Authorization Number: _____

Facility Name: _____

Sponsor Name (if applicable): _____

Facility Address: _____

City: _____ State: _____ Zip: _____

Number of infants (under 12 months of age) currently in care: ____

Contact Information:

Krista Schoen
Florida Department of Health
Bureau of Child Care Food Programs
4052 Bald Cypress Way, Bin A-17
Tallahassee, FL 32399
krista.schoen@flhealth.gov
Phone: 850-245-4323 FAX: 850-414-1622



Breastfeeding Friendly Self-Assessment

1. *Our facility provides an atmosphere that welcomes and promotes breastfeeding.* Yes___ No___

The facility encourages mothers to visit and breastfeed during the day, if their schedules permit. Facility employees are also encouraged to breastfeed their infants in care. There are breastfeeding posters on display and learning/play materials that promote breastfeeding (e.g. books that contain pictures of babies or animals nursing).

2. *Our facility helps mothers continue to breastfeed their babies when they return to work or school.* Yes___ No___

Parents are told about the facility's policies and services regarding breastfeeding. The facility's information packet for new families includes information on breastfeeding that is not provided by or produced by formula companies. There is a quiet comfortable place that mothers can feed their babies or express breast milk.

3. *Our facility has accurate written materials on breastfeeding topics available for all parents.* Yes___ No___

Staff is familiar with written materials and available community resources (support groups, La Leche League, lactation consultants, and local WIC agency) and refers moms as appropriate.

4. *Our facility feeds infants on cue and coordinates feeding times with the mother's normal schedule.* Yes___ No___

Breastfed babies do not receive food or drink (other than breast milk) unless indicated. Parents are asked what they want the facility to do if mom will be late and their baby is hungry or the supply of breast milk is gone.

5. *Our facility trains all staff so they are able to support breastfeeding.* Yes___ No___

Facility staff convey a positive attitude that moms can return to work and continue to breastfeed and that the facility can help them. Staff is trained about the benefits and normalcy of breastfeeding; the preparation, storage, and feeding of breast milk; and resources available for staff and parents.

6. *Our facility has a written policy that reflects the facility's commitment to breastfeeding.* Yes___ No___

Staff is familiar with the policy and it is available so that staff can refer to it.

Enclosed is a copy of our facility's Breastfeeding Policy.

Name of Facility Director: _____ Signature: _____

Phone: _____ E-mail: _____

SAMPLE Child Care Center Breastfeeding Policy

The *ABC Child Care Center* is committed to providing a breastfeeding friendly environment for our enrolled children and staff. The *ABC Child Care Center* subscribes to the following policy:

Breastfeeding mothers shall be provided a place to breastfeed or express their milk.

Breastfeeding mothers, including employees, shall be provided a private and sanitary place (other than a bathroom) to breastfeed their babies or express milk. This area has an electric outlet, comfortable chair, and nearby access to running water. Mothers are also welcome to breastfeed in front of others if they wish.

A refrigerator will be made available for storage of expressed breast milk.

Breastfeeding mothers and employees may store their expressed breast milk in the center refrigerator. Mothers should provide their own containers, clearly labeled with name and date.

Sensitivity will be shown to breastfeeding mothers and their babies.

The center is committed to providing ongoing support to breastfeeding mothers, including providing an opportunity to breastfeed their baby in the morning and evening, and holding off giving a bottle, if possible, when mom is due to arrive. Infant formula and solid foods will not be provided unless requested by the mother. Babies will be held closely when feeding.

Staff shall be trained in handling breast milk.

All center staff will be trained in the proper storage and handling of breast milk, as well as ways to support breastfeeding mothers. The center will follow human milk storage guidelines from the American Academy of Pediatrics and Centers for Disease Control and Prevention to avoid waste and prevent food borne illness.

Breastfeeding employees shall be provided flexible breaks to accommodate breastfeeding or milk expression.

Breastfeeding employees shall be provided a flexible schedule for breastfeeding or pumping to provide breast milk for their children. The time allowed would not exceed the normal time allowed to other employees for lunch and breaks. For time above and beyond normal lunch and breaks, sick/annual leave may be used, or the employee can come in earlier or leave later to make up the time.

Breastfeeding promotion information will be displayed.

The center will provide information on breastfeeding, including the names of area resources should questions or problems arise. In addition, positive promotion of breastfeeding will be on display in the center.

ANSWER KEY: Check Your *New* Infant Meal Pattern Knowledge

Identify which infant meals are reimbursable. If not reimbursable, explain why.

If necessary, refer to the meal pattern for infants.

Meal Type/Age Group	Reimbursable? Yes or No	If No, why?
Breakfast 0 – 5 months		
1. 3 oz. breastmilk fed to baby by provider	Y	Breastmilk can be served in smaller portions.
2. 7 oz. formula furnished by parent	Y	
Breakfast 6 – 11 months		
3. 4 oz. breastmilk and 2 tsp. cereal furnished by provider	Y	
4. 4 oz. formula furnished by provider (baby developmentally ready for solids)	N	Formula must be at least 6 oz; provider must provide solids when baby is developmentally ready
Lunch 0 – 5 months		
5. 7 oz. breastmilk fed to baby by provider	Y	
6. 4 oz. formula and 2 oz. yogurt furnished by provider	Y	Yogurt must have no more than 23 grams sugar/6 ounces; if parent requests baby to be given solids prior to 6 months, then it is o.k.; recommended to have a parent note on file.
Lunch 6 – 11 months		
7. 5 oz. breastmilk fed to baby by provider	Y	Breastmilk can be served in smaller portions.
8. Breastmilk fed to baby by mom who dropped by child care facility to nurse baby	Y	If baby is ready for solids, provider must provide solids as well.
Snack 0 – 5 months		
9. 3 oz. breastmilk fed to baby by provider	Y	
10. 5 oz. formula and 1 teething biscuit, both furnished by parent	N	Parent may only supply one component of the reimbursable meal.
Snack 6 – 11 months		
11. 4 oz. apple juice and 1 saltine furnished by provider	N	Juice is not creditable at any meal/snack for infants. All meals must include breastmilk and/or formula. All snacks must include a veggie/fruit if baby is developmentally ready for it.
12. 2 oz. formula, 2 Tbsp cheerios, and 2 Tbsp peaches furnished by provider	Y	

ANSWER KEY: Are These Foods Creditable? Activity

Food	Creditable?	Why?
Banana Apple Yogurt	No	Only traditional, refrigerated yogurt with less than 23 grams of sugar per 6 oz is creditable.
Bread	Yes	Creditable at snack only.
Chicken Casserole	No	Only commercial jars of plain meat are creditable.
Cottage Cheese	Yes	Meets the criteria for meat alternate.
Fruit Splashers	No	Juice is not creditable.
Meat	Yes	Does not contain any other food component.
Multigrain Cereal	Yes	It is iron fortified and dry.
Oatmeal with Mixed Fruit	No	Cereals with added fruit are not creditable.
Peach Puffs	No	Is not enriched and has added fruit; not a bread/cracker.
Pureed Fruits and Veggies	Yes	Does not contain any other food component.
Peas	Yes	Does not contain any other food component.
Vegetable Juice	No	Vegetable (and fruit) juice is not creditable for infants.
Cheerios	Yes	Contains less than 6 gm sugar/ounce.
Ravioli	No	Pasta is not creditable for infants.
Spaghetti	No	Pasta is not creditable for infants.
Grilled Cheese Sandwich	Yes	Bread is only creditable at snack (cheese could be an extra). Cheese is creditable at lunch (bread could be an extra).
Chicken and Rice	Yes/No	The chicken and veggies are creditable, rice is not creditable.